



Marshmallow Planting Guide

About Marshmallow

Yes, this is the plant responsible for the sticky sweet treat we all know and love. The sugary confection has been made from the root of the Marshmallow plant since ancient times! Today, no s'more is complete without one, and we think no garden should be either! A lovely, ornamental plant in addition to its medicinal and culinary properties, Marshmallow is a perennial shrub that offers large, pale pink blooms on erect plants with large green leaves.

When to Plant

Fall planting in cold temperatures aid in the germination of Marshmallow herb seeds. If starting Marshmallow seeds indoors, a period of cold stratification is needed. Transplant outdoors in mid to late spring.

Where to Plant

Marshmallow herb plants prefer moist soils or marsh with good drainage and will germinate best in cooler temps. Once established, the Marshmallow plant is known to self-seed but not in an aggressive way.

How to Plant

After stratification, seeds are best started indoors for a few weeks before transplanting outside in mid to late spring. Keep germinating seeds moist, and transplant to larger containers, gradually acclimating to outdoor conditions. When transplanting, space plants 12" apart and surround with mulch.

Caring for Marshmallow

During growing season, the flowers and leaves are edible and can be added in salads or other dishes in small amounts. Marshmallow roots can be harvested after the second or third fall after germination. Use a sharp knife to cut the root before the soil has frozen. Make sure to clean the root thoroughly, dry and cut immediately.